



HUMANE SOCIETY  
OF INDIANAPOLIS

## Yoga for Dogs

Humane Society of Indianapolis, Canine Training School Room  
7929 N. Michigan Rd.  
317-872-5650 x.117

**Join for a Saturday Afternoon Class (reservations suggested)**

**All Classes: 2:30pm—3:30pm, 16 dogs/class maximum**

**All dogs are welcome!**

**(One dog per student, please)**

**Single class pass is available for \$10**

**Buy a package of 5 and receive a sixth class FREE!**

Classes are 60 minutes long.

### Sign-Up Today!

To register for class or for more information please contact:

Nichole Johnson at [doga@indyhumane.org](mailto:doga@indyhumane.org) or call 317-872-5650 ext. 117

Yep, it really works—it  
reduces the stress levels  
of your companion

## The Real Downward Facing Dog— Yoga for your pooch? Sure, it's called 'doga'

The classic yoga pose, downward facing dog,  
has taken on a whole new meaning.

### What is Doga? Yoga for Dogs!

Doga is a form of yogic practice which has been specially adapted for dogs; a practitioner of doga is known as a dogi. In a doga session, dogs and their owners work through a series of yoga poses together; the session may also include things like meditation and eye-gazing to strengthen the bond between human and dog. Classes can be found in many parts of North America and Europe, lasting anywhere from 60 to 75 minutes, and designed for everyone from novice dogis to experienced yogis.

#### Benefits:

- makes dogs calmer and more focused
- increases the connection between human and canine
- helps ease your dog's aching joints with gentle stretches

"As human and dog work together, they start breathing in the same rhythms and they often learn more about each other"

"Long-time practitioners of doga claim that their dogs can stretch more deeply as a result of their practice, and that their canine companions have mellowed due to their exposure to yoga."

#### What do you and your dog do in a doga class?

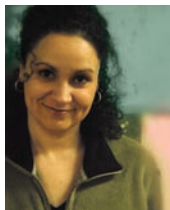
The instructor leads the class through a slow series of poses which includes stretches, balances, and relaxation poses for both species. Yoga with your dog may also include bonding and trust-building exercises to deepen the dog-human connection. Many doga classes also include massage, often at the beginning and end of the session.

**What to bring: mat, a leash and water.**



### Yoga is Truly for Everyone!

This class has simply  
gone to the dogs!



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